

BB AISLEYNE STALKER HELL

She's target of death threats

■ by NADINE LINGE
BIG Brother babe Aisleyne Horgan-Wallace has been the target of terrifying death threats.

The 27-year-old says she has been plagued by a stalker who has threatened to slash her throat. The crazed man has even sent abusive messages to her grandmother.

She has told the police, who are trying to trace the stalker.

Aisleyne said: "I've spent a lot of time in tears over this."

"It's unbelievable that someone would go as far as tracking down my nan and being abusive to her."

Throat

"I might seem tough, but I get scared just like anyone else. Last week I got a voicemail saying: 'I've got pictures of you and I'm going to sell them, then I'm going to come to your house and put a knife in your throat.'"

"The messages call me a murderer, saying I killed my babies. I've had two miscarriages - one where I had to give birth to a dead baby, which still makes me cry."

"The messages are so personal, I'm sure they're from someone I've met before. I'm really scared."

She now won't go out alone after dark, but is determined not to let the stalker drive her out of her London home.

Aisleyne, who is currently fronting a quit-smoking campaign for the NHS, said: "I just don't know what I've done to deserve this."

"My dad's in hospital with septicaemia at the moment so I'm going through a tough time."

nadine.linge@dailystar.co.uk

LIVING IN FEAR:
Aisleyne says the stalker has left her terrified of stepping out at night



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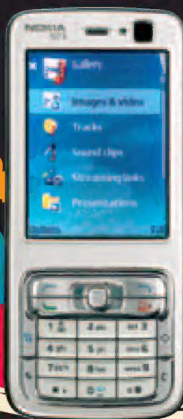
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DAILY STAR NEWS

PLENTY OF GRAVY:
EuroMillions winners at the factory yesterday



Picture: CATERS

Pie 'n cash

Factory's £6m lotto bonanza

A TEAM of pie-makers won £6.7million of lottery dough - thanks to a slice of luck.

The syndicate of 33 nearly ended up without a crust after shop assistant Martyn Munn accidentally sold them one ticket too many for last Friday's EuroMillions draw.

The teenager was asked to delete one of the 34 lines at random, and the next line on the ticket was the big winner.

Martyn, 17, said: "They are very lucky that I didn't void the winning ticket. I'm really happy for them."

The win is the biggest for a UK

by JERRY LAWTON

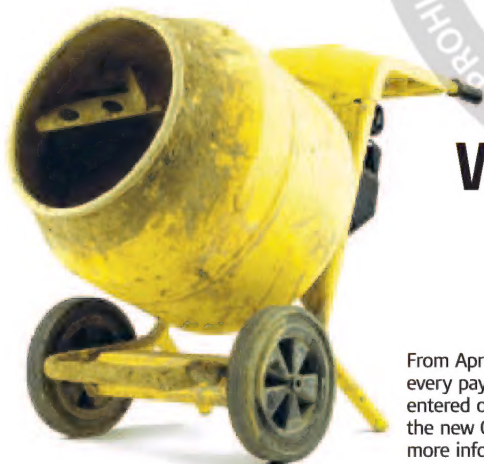
EuroMillions syndicate. Each member at the factory in Market Drayton, Shropshire, pocketed £204,553.89.

The ticket matched five main numbers plus a lucky star digit in the £123million draw.

Boss Lewis MacLeod said: "It crossed my mind we might be getting resignations - but they've all said they will stay."

One of the happy winners, Rob Bailey, 56, added: "It's going to be a cracking Christmas."

jerry.lawton@dailystar.co.uk



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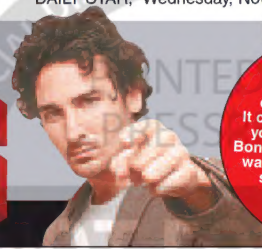
From April 2007, contractors won't need to worry about individual vouchers for every payment they make. All payments that contractors make will instead be entered on a single monthly return, due by the 19th of the month. Find out how the new Construction Industry Scheme works now to avoid mix-ups in April. For more information about the changes visit www.new-cis.com or call 0845 366 7899.

HM Revenue & Customs

Beth is uber cool

MUSIC mag NME have selected their Cool List for 2006 and it makes for random reading. At No 1 is **Beth Ditto**, 22, of electro newcomers **The Gossip**. Their single **Standing in the Way of Control** is wicked, but I doubt many of you know who she is. **Lily Allen**, 21, is at three with **Jarvis Cocker**, 43, at four. **Alex Turner**, 20, is down to 32, showing what a fickle world indie rock is.

JOE MOTT'S **Hot** DOUBLE AWARD WINNING



BLOG

GO and read all about it at www.dailystar.co.uk/blog. It contains EVERYTHING you want to know. Me, Bond, birds and also some waffle about the general shenanigans of the showbiz world.

ME

Westlife leap into lead

LADS SET TO BEAT BEATLES

WESTLIFE are set to do the unthinkable and beat both **The Beatles** and **Oasis** to the No 1 spot.

No offence to the Irish man-band, but I really didn't see that one coming.

In a swift turn-around of fortunes, **Nicky Byrne**, 27, **Kian Egan**, 26, and the other two have leapt from third spot in the album race with **The Love Album**.

They're a solid 5,000 sales ahead of **Oasis** with **Stop The Clocks** and have shifted nearly twice as many copies as **The Beatles' Love**.

The lads are currently in Australia, because like me, they are big down under.

But using the telephone, I've managed to get hold of one of their camp. I'm told: "They'll not talk to you yet Joe. The band have banned the subject until the final charts are

Jingle Warfare

released on Sunday. They're refusing to get excited about it yet, because it's so early in the week and there's still a long way to go.

"They're a superstitious lot and don't want to curse themselves by speaking too soon."

Dedicated

HMV fountain of knowledge **Gennaro Castaldo** said: "People might not have expected Westlife to match or even outsell such iconic bands as **The Beatles** and **Oasis**, but we shouldn't forget they have an incredibly dedicated fan base.

"It's going to be nip and tuck."

Dangerous though it may seem at this stage, I'm going to get my manparts out and say **Oasis** will top the charts come the weekend.

Noel is currently the top lad in the Mott "rock stars who are actually sound" section.

Fancy a meal with the missus mate?

The Beatles might be no shortage of support for **Paul McCartney**, 64.

Fans were camped outside London's **Virgin Records** in Piccadilly 24 hours ahead of him turning up to sign his new DVD **The Space Within Us**.

CHRISTINA Aguilera seems to have developed an abnormally long crotch in Belfast on her circus-themed **Back To Basics** tour.

But I'll excuse this **Roberto Cavalli** creation as when I met the 25-year-old to talk about Sony Ericsson sponsored shows she looked stunning.

She told me she won't be making another double album: "People aren't buying albums as much as they used to. It's a sad time - everyone goes to the computer now."

'Can't buy me Love'

BEATLES maniacs the Gallagher brothers have labelled the Love album "rubbish".

Noel, 39, right, claimed the remixed **Fab Four** hits is "a pointless exercise", adding he turned the album off "after five songs".

Liam, 34, says: "If you haven't got **The Beatles** by now you're not going to get it."



Justin's emerging from the Darkness

THE screaming guitar wizard that is former **Darkness** frontman **Justin Hawkins** is planning a comeback.

Fresh from having many drugs and much alcohol flushed from his wiry frame in rehab, Justin, 31, says he's readying his falsetto for further cat-battering. He said:

"I'm planning on taking a very long holiday and doing things I enjoy, like ice skating. Then I'll probably start work on a solo album."

I saw Hawkins playing footie at a celeb five-a-side match a few months ago with a massive smile on his face the whole time. In the light of his rehab visit, now I know why.

I look forward to hearing what he's got to offer on his return.

MOTT
PHARRELL Williams plays three exclusive gigs in the UK next month. I like his dress sense almost as much as his music and hope he'll give me free clothes from his range. He plays **Manchester**, **Glasgow** and **London** on Dec 14, 16 and 20.
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CAUGHT LIVE

PRIMAL SCREAM Apollo, Manchester

PRIMAL SCREAM shows are becoming utterly predictable.

Predictable in their utter brilliance, that is. The band grow old the only way they can - disgracefully.

Dolls, **Jailbird**, **Country Girl** and **Rocks** are admirable rock and roll songs.

Burning Wheel, **Swastika Eyes** and **Kowalski** remain pulverising blasts of digital psychedelia.

And **Movin' On Up** and **Loaded** arouse even the most faded of acid casuals. Peerless.

CARL STROUD OLD GOLD: Primal



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STAR

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Reid better PM than cardboard Gordon

☐ JOHN REID for next PM. GORDON BROWN IS LIKE A CARDBOARD CUTOOT. Let the people vote, not parliament. **lucky**

☐ good old gordon brown pledges £100m to help Iraq while we raise money for children in need. makes me sick. **dazzy boy**

☐ Blair must think we have a bottomless pit. With Iraq oil they should give us some. **Skint Pensioner**

☐ I think saddams a lucky b'gger. at least he wont have to lay awake at night wondering wot he's getting for christmas. **jarry**

☐ Cudn't Haribo have gone vegi friendly? Halal method is cruel! **LAUREN**

☐ Brits shud boycott BA after cross fiasco. it wudnt hapen in france. **brooky**

☐ come on blair bank holiday 4 st georges day! **CHELSEA STEVE**

☐ So people on benefits have 2 choose between heating or food. How many smoke, have sky n huge cd collection. **Tboy**

☐ parents don't need parenting classes, teenagers need activity & sports centres that r affordable. keep them occupied. **mark h**

☐ lord d: Got to ask yourself does she want kids, or kids with you? If its with you then if she loves you she'll wait until youre both ready. **Dr matt**

☐ is it legal for the csa to plunge you into poverty? **skint**

☐ 2 MATT, IM PAYING THE CSA MATE & MY EX HASN'T LET ME C MY SON 4 THE LAST 8½ YEARS! THE LAW IS A JOKE. **MUTTLEY**

☐ To Matt; You need a solicitor mate! **IGGYBOY**

☐ is there anything like bein too nice? Dats d reason i got dumped. **vic**

☐ Tried stand up 10yrs ago and died on me a*s. Wanna try again. Any1 hear of any open mic nites nearby, lerrus kno. Ta. **Fat Alf, Burnley**

☐ ME AND MY MATE HAVE A BET 2 C WHICH PEOPLE THINK IS BEST COMEDY OUT OF EITHER THE YOUNG ONES OR BOTTOM. I SAY

YOUNG ONES WHAT DO U LOT THINK? **DAN**

☐ 2 INDY THE VAC. If thats true mate, y is the M5 called the M5 when it has replaced the A38? **SEMI**

☐ So why isn't the M69 the M46 after the A46 it replaced? **Maz ov Gy**

☐ to IMPRESS didn't want another major road coming in, trying to keep out scum like it is. **big welsh lad**

☐ I've got an 18 year old cat, its had 3 legs for 10 of them. **Tical69**

☐ my eldest cat is 21 & diabetic. **Steve newby**

☐ my mum's cat was 25 when it died, RIP tiddles. **jani**

☐ Bacon, can beat that - our cat 28! **mickyj, sheffield**

☐ to big kid. mary been evicted (asbo) mungo in kennels. midge been eaten by topcat! **be bop sheff**

☐ any1 know name of song in the T-mobile advert? **Hayley**

☐ whats th goin rate 4 th tooth fairy? **BINZ**

☐ To dez, river water has small amount of salt, this gets left behind in the sea when the water evaporates, hence salty sea. **Don, Oxford**

☐ it's the time of year those big tuff footballers start wearing gloves 2 keep their little hands warm. **ticker**

☐ 2 BRIAN, JLO + BEYONCE HAV GR8 SIZED BUMS. PPL LIKE U GIVE WOMEN A COMPLEX! **AMY**

☐ Someone is avin a laugh votin Michelle Marsh only 7th in boob comp. 1 of the best pairs around. **Alum**

☐ jane and sue, bet my basque & suspenders r sexier than yours. **john**

☐ hello back to vampi and dragon lady. ok thats it im hooked. eh... dunno what to say now. **syd**

☐ Ow is every1? ows life treatin u all? **fluffy flop, liverpool**

☐ any chance of a pic of v famous vossy? he's a legend. **night boy**

☐ If Penny Lancaster wed Jimmy Choo she'd b Penny Choo! **Teecee**

☐ If actress tuesday weld became actor frederick march's 3rd wife she'd b tuesday march 3rd. **wordsmith**

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Q: What's an Aussie cricketer's idea of a balanced diet?

A: A pint of lager in each hand. **R. GOOCH, Hull.**

GOD and the Devil arrange a cricket match and the Devil bets a massive sum of money that his team will win.

God tells him: "I can't see why you're so confident. I've got all the best players on my side."

The Devil says: "Yes, but I've got all the umpires."

Ms N. KORING,**Stoke-on-Trent, Staffs.**

I WAS watching a game of cricket in the park the other day. I just couldn't understand why the ball seemed to be getting bigger and bigger.

And then it hit me.

Mr D. PORTLOCK,**Birmingham.**

Joke by text...

Q: Why is an elephant big, grey and wrinkly? A: Cos if it was small, round and white it'd be an aspirin. **MULLET, Nottingham.**

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I CAN understand why fellow prisoners want to have a go at evil child killer Ian Huntley.

But why take it out on his poor pet budgie (Daily Star, November 17)?

Perhaps the bird should be taken away from him in any case. He's in jail to be punished, not to be "soothed" by a budgie.

Mrs M. TOWNSEND,**Harrow, Middx.**

☐ SO prisoners have won compensation for not being allowed to take illegal drugs (Daily Star, November 13). How crazy.

While our NHS can't afford to give clinical drugs to desperately sick people, the Government's paying out cash to criminals.

No wonder our prisons are overcrowded.

ROBERT W. SHERRATT,**Stoke-on-Trent, Staffs.**

☐ I AM a chef attached to the 1 Yorks in Basra, Iraq. Would any single females like to write to us here? Hope to get back to the UK soon!

Mr J. WRIGHT,**Catering Platoon, 1 Yorks,****Op Telic 9, BFPO 645.**PICS
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Me and the legend steve hedley of hawick on the train. **Noel edmonds**

Why vote for Myleene?

☐ why is myleene fav 2 win celeb? Wots she done apart from prance about in a bikini? sad! **joe**

☐ David gest is cool! DAVID TO WIN COME ON YA! **tommy the tash**

☐ Questions 4 carol thatcher: what is a witchity grub and wot is a wed button? **MORLEY, PENRITH**

☐ NOT ONLY NEW TALENT NEEDED ON TV. NEW SHOWS ALSO. **KEN, GUILDFORD**

☐ killers best band eva. seen them at wolves sat nite amazing! **king kenny**

☐ did u know the arctic monkeys and at least one of little man tate went 2 the same school? Mine. **James, sheff**

☐ LIFE @ BOWLERS in Manc 93, 94, 95, fantastic times indeed! **ste, jonni & leon, Preston**

☐ re natz, bowlers djs stu allen, welly, nippa n bowa "phat mate". oh n suzie "wind ur nek in". **russ, warrington**

☐ Uprisin was stompin? Still is 2 me. N jd is da best mc. Bad boy get yer shoes on! **Chezy crew**

☐ Life @ bowlers rocked! sue is that you? **martin aka pj**

☐ Luv evry1 rememberin gud old days on rave scene. Time 2 remember wots killed it off. **COCAINE.**

☐ Nemesis in Hull

☐ NEVER MIND THE RAVES - BRING BAK BARN DANCES! **JO, CONWY**

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STAR REALITY TV

DAILY STAR, Wednesday



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DON'T LET
FITNESS
STUMP
YOU

Centre Pages

Leave
the
pickles
alone
**CHEWIN'
THE FAT**

Back Page

HOW YOU COULD GET A BODY LIKE A PAGE 3 GIRL

The curvy KEELEY

GORGEOUS Keeley Hazell has a body to die for. Yet the 20-year-old admits she has just as much trouble with her figure as the rest of us.

"I hate my love handles," she says. "They bulge over my jeans! But bums, thighs and stomachs are a nightmare for everyone."

Page 3 favourite Keeley keeps her curves in shape through the simple motto: "Everything in moderation."

She admits to being a cheese addict and is known to tuck into fast food and bacon and egg sarnies.

Yet she balances this by eating healthily for most of the time and regularly does gentle exercise, such as walking.

Addicted

"I try to eat healthily, but it never works," admits Keeley. "I just go into eating mode then think: 'Oh crap - I just put on 7lb in three days!'"

"It doesn't help that I'm addicted to cheese. But I'm lucky - if I want to lose weight, I cut out junk food."

"If I completely restrict myself, I just think about food non-stop. Which is why I don't obsess!"

Here, we reveal the Top 10 health and beauty tips of the beauty from Bromley, Kent.

They may not turn you into a gorgeous model overnight,

Diet

by PHIL BOUCHER

but they'll help you shape up in sparkling style for the Christmas party season...

1 WATER: Drink eight glasses a day to beat bloating. This will also make sure you don't become dehydrated and give your skin a healthy glow.

2 BOOZE: Try to avoid binge drinking, which can pile on the pounds. Stick to the occasional glass of wine instead.

3 CHEESE: Tuck into your faves but also opt for low-fat versions such as feta and goat cheese, which help to burn fat from your stomach.

4 MINI-DETOX: Flush out your system by having a two-day detox twice a month. Use these days to drink plenty

of water and smoothies, and steer clear of alcohol.

5 PARTY PLANNING: If you have a party coming up, drink lots of water and peppermint tea and eat non-solid things like soup so you don't bloat and ruin the lines of your dress.

6 WALKING: Stick on your coat and climb the nearest hill. Or go to the gym, set the treadmill to a steep gradient and walk fast, instead of jogging.

7 SCALES: Throw them in the bin. It's how you feel that matters, not your weight.

8 PAMPERING: Book a visit to a spa and enjoy a detoxing scrub and sauna.

9 FOOD: Eat healthily, but never ban anything - not even fast food. Nothing is bad in moderation and the more you deny yourself the more you'll crave it.

10 BREAKFAST: Never skip it. Cereal or a pot of yoghurt will kick-start your body and prevent mid-morning munchies.



● KEELEY'S full Glamour Girl Body Plan appears in the latest issue of More magazine - out now

Pictures courtesy of More magazine



Fit FACT

RESIST the urge to delve in the biscuit barrel by sucking half a teaspoon of honey instead. Honey makes the brain release feel-good hormone serotonin and the sweetness might satisfy your craving.

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Selected products available online. Online prices may vary from those in-store. Cadbury Biscuit Tin 700g (85.4p per 100g),
Celebrations Tin 1.17kg (51.1p per 100g). *All £5.98 Confectionery and Biscuit Tins - any combination.

Star LIFESTYLE

DAILY STAR, Wednesday

Fit TO TAKE ON THE AUSSIES FOR Have you



A CRICKET player's fitness regime used to involve little more than a slimline gin and tonic after a match.

But these days things are different. While England's Ashes heroes can still drink with the best of them, the pot-bellied players of the 70s and 80s have gone the same way as the metal bat.

These days cricketers focus on a combination of strength training and aerobic workouts to make sure they hit peak condition and limit their risk of injury. This involves focusing on such things as core stability, speed, agility, power, endurance and flexibility.

There's also visual fitness, psychology and nutrition to make sure they can cope with five days in the field.

PHIL BOUCHER looks at the lengths the modern England player takes to stand up to the likes of

Shane Watson, Brett Lee, Naylor, County... We sin nation! viewers potato keep up Ashes! and av going c through sleep loss.

A real Test of STRE

FOOT MOVEMENT

TOP players like Aussie skipper Ricky Ponting go through intense practice to develop twinkling toes. Dale Naylor of Surrey explains: "The quicker you get your feet into place the more chance you have to deal with the ball. So we do lots of work on quickly moving in one direction using ladders and skipping."

THROWING

"Throwing power actually comes from your butt," says Dale. "Your arm is really just there to supply the accuracy. Use your arm for both and it'll quickly get very sore." To cope, players do lots of sprint starts and lunges to build up their bum muscles.

FOOD AND DRINK

England's players will rely

on a mix of carbohydrates, protein and "hyper-hydrating" to keep their bodies fuelled and watered for five long days in the sun.

For all-rounders like England captain Andrew Flintoff, the need to fuel up before a game is even more pressing.

EYE TO EYE

There's only a split-second's difference between stroking the ball for four and catching some leather in your windpipe. Dale says: "Your eyes have muscles that can be trained like any other."

"We do lots of simple practices like putting your thumb in front of you and focusing on the nail then the distance to

teach your eyes to quickly react."

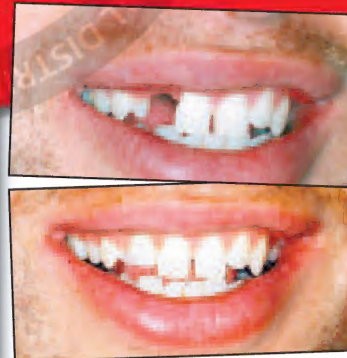
FLEXIBILITY

Batting and bowling puts huge stress on your joints and regular stretching helps build up their conditioning.

ENDURANCE

Cricket asks you to make s u d e n sprints and movements. To cope, play-

STRETCH IT: Freddie Flintoff



THE WHOLE TOOTH: Matt, before and after

Matt g

NO wonder rugby star Matt Dawson can't stop smiling.

Not only is the ex-England scrum-half currently tripping the light fantastic on Strictly Come Dancing to great effect, he's also got a new set of pearly teeth that would make any Hollywood star proud.

Thanks to pioneering Manchester-born dentist Dr Tariq Idris, 34-year-old Matt and the UK's 10 million other denture wearers can bin the falsies in favour of innovative mini implants.

They can be fitted without a

DO YOU GOT THE BAILS?

Warne, Glenn McGrath and
ee, with the help of Dale
head physio at Surrey
Cricket Club.
I've also put together a
nple guide on how the
s army of night-time
s, like the couch
on the left, can
p with the
action
old
crazy
1



PEAK CONDITION: FLEMY leads
batteries getting with for huffs

STRENGTH

ers boost their endurance
with cycling, rowing or
swimming and their
explosive power with interval
training, where short
sprints are mixed up
between short rest periods.

BATSMEN

Top batsmen like Aussie
opener Matthew Hayden
produce huge power
through having a strong
core to generate
explosive
upper body
actions.

FIELDING

Fielders
need to stay
focused for
six hours
and be capable
of explosive
bursts at any mo-

ment - particularly top-
class slip-fielders like
Andrew Strauss.

They keep their bodies
and minds limbered up by
walking and stretching
between balls and by learn-
ing to mentally switch on
and off.

BOWLERS

"The muscles on a bowler's
dominant side grow to three
times larger during the
season," says Dean. "This
pushes their body out of
proportion so they have to
take real care." To cope, top
fast bowlers like Australia's
Brett Lee do lots of weights
along with side sit-ups and
pilates.



BOOT CAMP: Brett Lee gets fit

Top TIPS

HERE'S how to stay fit enough
to keep watching all night:

● **TAKE POWER NAPS:** Hit the
covers the moment the players
walk off for lunch and tea. Just
remember to set your alarm.

● **LUNCH AND TEA:** Fill up on
high-energy foods like pasta in
the lead-up to the game. Keep
the kitchen stocked with energy-
releasing foods like chocolate,
bananas and jelly babies.

● **TEA:** Keep the pot warm. It's
proven to raise your spirits and
is loaded with sleep-avoiding
caffeine.

● **ENERGY DRINKS:** Only use
in extreme circumstances as too

much of the high sugar fluids
can damage your body and teeth.

● **FRIENDS:** Get some pals
around - a party atmosphere
will help you to stay awake until
the final over.

● **MIND OVER MATTER:**
Mentally accept you're on a 24-
hour cycle and need to sleep
whenever possible. That means
napping at lunch-time, during
your commute and as soon as
you get home in the evening.

● **HOME HELP:** The last thing
you need is an irate other half
fuming away. So cook the tea,
do the washing up and generally
do everything you can to work
up some brownie points.

● For more information on
cricket fitness go to
www.surreycricket.com

gives new teeth a try

by SAM PARKER

general anaesthetic (just a num-
bing jab), with almost no pain and
probably no sign of blood. It's all
over in a matter of minutes.

In contrast, traditional implant
treatment generally involves two
ops under a general anaesthetic,
with quite a bit of pain and blood.
Also the implant cannot be used
normally for several months.

But that's all changed thanks to
Dr Idris, who has cosmetic dental
practices in Chester and
London's Harley Street.

His variable sized implants -

which are self-tapping and screw
directly into the bone - are a
fantastic alternative to the embar-
rassment of false teeth or the
pain of conventional implants.

And they're a lot cheaper.
A Question of Sport captain
Matt lost his front tooth in a
bruising encounter for England.

Now he is a beaming example of
the new technique and Dr Idris,
33, is leading the drive for greater
awareness of the procedure.

Mini-implants were conceived
in America 20 years ago.

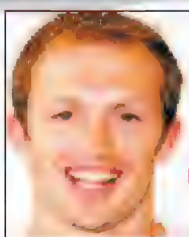
They are made of a titanium
alloy. And because they are so

narrow, they're inserted directly
through the overlying gum
tissue into the bone underneath,
so there's no need to cut and
"flap" open the gum.

Dr Idris says: "With modern
technology I can even fit several
different size implants for one
person."

"There really is no need for peo-
ple's lives to be blighted anymore.
"These new tiny implants will
solve people's problems, painless-
ly, quickly and cheaply."

● For more information on mini-
implants and other treatments
call 0800 085 0027.



SMILES BETTER: Matt

HOT

**HEALTHY CEREAL
BARS:** Bio-synergy
have launched a truly
scrumptious and
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chocolate crony. They
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dent your diet.
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**SLIMMING
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and slimmer tummy to
your favourite girl.
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wide ladies-only gym
and slimming regime
has introduced gift
vouchers in time for
the festive season. Call
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nearest Curves.

PLATE-SPICAM: New
research shows
children who have pets
are more active than
those who don't. In the
study by Masterfoods
a quarter of parents
said that their
youngsters were better
inclined to take exercise
watching Myle since
their pet's arrival.

HERBAL HIGH:
Spots has
reported
record sales of
recovery
salts this
winter. It
only represents
one of the
out of more
than 1,000 of its 1,400
stores, and the herbal
remedy echinacea is
flying off shelves at a
pack a minute.

WHAT'S IN & WHAT'S OUT

FRAGILE BONES:
Osteoporosis is usually
thought of as a
women's disease but
the National Osteo-
porosis Society says
one in five men over the
age of 50 will break a
bone with the condition.

FLYING HIGH: Jetting
around the world is
contributing to global
warming. To ease your
conscience and still fly,
Ben & Jerry's Ice
cream is calling for you
to pay an offset against
the length of your flight
which funds renewable
energy projects. Log
on to [banjerryuk.mycli-
mate.org](http://banjerryuk.mycli-
mate.org) for info.

CALL CENTRES: A
new report shows two
thirds of UK call
centres fail to protect
staff from hearing
damage. So far 700
people have reported
acoustic shock and
received a total of
£2.5million in
compensation.

PUSHY PARENTS: A
rising number of
sporty teens are suffer-
ing anorexia or bulimia
due to parents driving
them to the edge.

COLD

Fit FACT

THEY say owners are like their
dogs and it appears to be true - at
least when it comes to the scales.
Around half of British pooches are
overweight, and 15% considered
dangerously obese due to lack
of exercise and too many
treats.

Fit FACT

FINISHING a meal with a
slice of cheese helps neutralise
the acid in your mouth and helps
prevent tooth decay. Cheese is
also rich in both calcium and
phosphorus, which
strengthen your tooth
enamel.

Fit

Chewin' the FAT

TALK OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS

OUR crack team of health experts want to help you solve your problems.

They'll tackle anything from fear of flying to your most intimate sex worry.

Check out the panel on the right and see how you can contact them now.

Here they answer the latest batch of readers' queries...

DR CHRIS STEELE
Health expert

One of the UK's best known GPs, Dr Chris, 61, has been giving tips on This Morning for eight years, plus on the radio. See www.thefamilyGP.com

FRANCES FURLONG
Beauty expert

A nurse for eight years, Frances, 29, was a sister in laser retractive surgery. Now a nurse practitioner in aesthetics, she's a professional practice graduate. www.cityskinclinic.co.uk

GARETH EDWARDS
Nutrition expert

A member of the British Association of Nutritional Therapists, Gareth, 42, has a food-based approach to health issues. www.food-for-life.co.uk

PLEASURE PROFESSOR
Sex expert

Famed for her appearances on Five's Trisha Show, our sexy prof, 30, is a teacher of tantric sex, yoga, reiki and EFT, with clinics here and in Spain. www.pleasure-professor.com

HARVEY WALDEN
Fitness expert

A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fannies fit on Celebrity Fit Club and a US version. www.harveywalden.com

RON BRACEY
Mind expert

Ron, 46, is a chartered clinical psychologist who has more than 20 years' experience in both the public and private sectors. www.urbanpsychologist.com

To contact our experts, text DSHEALTH followed by your name and question to 82100 (texts cost 25p plus your normal mobile operator cost), e-mail health@dailystar.co.uk or write to: Daily Star Health, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN.

Q WHEN I've had one too many, I can only last a minute or so. What can I do to make this longer?
STUART, London.



THE PLEASURE PROFESSOR SAYS: You could stop drinking before you have sex or try it in the day when your energy levels are up. It is better when you're sober.

If you do insist on having a few first, you need to know the art of control. Strengthen the muscle you use to pee by flexing it daily and when having sex, pull out your penis just before you orgasm and rest, this will produce a powerful climax.

Go with my gut feelings

Q I SUFFER badly from bloating which leaves me self-conscious and can often make my jeans quite tight. My diet's not too bad and I don't snack - so what am I doing wrong?
PAULA, Preston.



GARETH SAYS: We have to look at several areas that may be contributing to the situation - including diet and medications. Certain foods

including bread, fruit, pickles, vinegar, mustard and Marmite can feed unwanted bacteria in the gut, leading to bloating.

I'd replace these with brown pasta or lentils, fresh vegetables, olive oil, lemon juice, sea salt

and black pepper. Tea, coffee, fruit juice and canned drinks need to be replaced with herb teas, water and possibly fresh vegetable juices.

Try it for two to three weeks to see if it gets better. If you regularly use medications for minor ailments such as headaches, colds or flu this could be contributing to the problem.

Any medicine you have been prescribed should be reviewed with your physician if you want to stop it or phase it out.

If you are on the Pill, using a different form of contraception may be what's needed to help you feel a slim-Jim.

Q WHEN is it considered acceptable to ask a GP for a house visit for a child?
GRAHAM McMANUS, Coleraine.

DR CHRIS SAYS: If you answer "yes" to any of the following it suggests your



Q I'M very fleshy around the jawline and have always had a double-chin, which I hate. Even when I lose weight this problem persists. But my friend tells me that there are now cosmetic procedures that could help reduce the problem. Is this so?
EMMA JARDINE, Worthing.



FRANCES SAYS: This is a problem for men and women. We use mesotherapy, micro-injections of medication and vitamins to break down fat. An initial course of 10 and maintenance sessions are usually recommended. It's also ideal for treating other fatty areas such as saddlebags and love-handles.

Fit FACT

CHILLIES can help increase your metabolism by up to 50% for two to three hours after eating a meal. So if you want to be a red-hot lover and spice up your sex life, get the curry on the go and turn up the heat.

child is not well and you should feel free to ask for a house visit.

Is your child: feverish, crying excessively, drowsy or not interested in his surroundings, not eating normally, vomiting or has diarrhoea, has obvious signs of illness such as a rash, cough or swollen glands etc?

Finally, if your child does not appear to be its normal self, or if you're worried in any way about its health, do not hesitate to ring your doctor.

Your GP should then assess the urgency of your call and will respond accordingly.

Fit FACT

DITCH the fizzy drinks. The American Diabetes Association claims just one can of pop a day could increase the risk of diabetes by up to 85% and lead to a weight gain of around a stone in the space of four years.

Are you such a SAD case?

Q I SUFFERED really badly from depression last winter and I want to try to stop it happening again this year - can you give me some ideas of how to minimise the effects of SAD?

NATALIE, Cumbernauld.



RON SAYS: Seasonal Affective Disorder (SAD) can be helped by using artificial light boxes - but are you sure you have it?

If it was your first time you may have to search your soul for another explanation. Was there anything bad or stressful happening last year?

You may need to change your thinking or routines this year. Take plenty of exercise and do things in an unhurried way.

If you're full of sadness and feelings of low self-esteem, accept there may be other factors operating in your life.

Sadness and depression pass. It's like a psychological winter giving way to an optimistic spring. Speed it up by treating yourself to pleasant things.

A slick quick way to fitness

Q I KNOW exercise is important but I work two jobs and have very little free time at all to work out. Is there some way I can do a mini-workout that is extra efficient so I can lose weight?

SARAH, Cheadle Hulme.



HARVEY SAYS: A mini-workout to help you lose weight?

Are you mad or just high on all that cookie dough?

Any exercise is good exercise but remember there is no quick and easy way to lose weight.

There are some mini-workouts that work well but depending on how overweight you are, you may need to tweak them a bit.

I've two I'm a fan of because they work the whole body and keep the heart rate up.

The first I call my "boot-camp circuit". You need no equipment and it involves calisthenics to work the body.

Between exercises you jog on the spot or march. If you are at home, watch the TV for 30 minutes and it's done before you know.

The other is a gym circuit with the machines that hit the major muscle groups, moving from station to station and is also around 30 minutes.

Sexercise of the week

TRICEP DIPS

HOW TO DO IT: Sit on a chair grasping the edges next to your thighs. Place both feet flat on the floor and slide your bum down until sitting just off the edge with your knees bent at 90 degrees. Lower yourself off by bending your elbows until the edge is level with your mid back. Your arms take all the weight then push yourself back up. Try a set of 20.

HOW IT WORKS: Strengthens and tones the back of the arms and shoulders - bingo wings aren't attractive in the bedroom. Strong arms help you manoeuvre into more athletic sexual positions and maintain them longer, prolonging pleasure for both. It also helps women lower themselves on to partners for face-to-face sex with a twist.

SIVE: JUNGLE LIFE BRINGS OUT THE ANIMAL IN HER

fighting fit PHINA

DEADLY BEAUTY:
The fellow celebs
had better not mess
with fabulous Phina

SHE'S turning into a wild animal in the jungle – and with these killer curves, Phina Oruche means business.

The Footballers' Wives star has finally got her claws out on I'm A Celebrity.

And as our pictures show, the 34-year-old is in great shape for a fight.

After 10 days in the Aussie Bush, she's shown she is happy to get down and dirty in her battle to bag the Queen of the Jungle title.

The camp split – which saw the girls head off to Snake Rock on Monday – was just what she'd been waiting for.

Phina instantly declared all-out war with the boys, telling former pal Scott Henshall, 31: "This is going to get nasty." And boy, did she

By KATIE BEGLEY

mean it! Camp designer Scott didn't know what hit him as she fought him to get her hands on the Celebrity Chest.

She kicked him in the groin, scratched his chest and sank her teeth into his shoulder – just to win cheese and a few biscuits for the girls.

"We battled and it turned into Jerry Springer," she said.

"I'm standing on national television in my bikini, covered in slime, fighting with someone I cried an hour ago to say goodbye to."

But the scrap has given her a taste of glory and now she's set her sights on "kicking the boys' behinds" – as well as following in the footsteps of

Carol Thatcher, 53, as this year's show winner.

It's not just the lads who have to watch out – as ex-newsreader Jan Leeming discovered yesterday. Camp moaner Jan, 64, suggested letting the lads win the next Celebrity Chest challenge. Phina stormed: "No way!"

And the Liverpool babe, who played lesbian Liberty Baker in Footie Wives, could get even nastier if the food shortage continues.

Yesterday, she declared she'd "strip naked, put kerosene in my hair and run naked down the street" in return for grub.



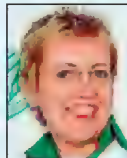

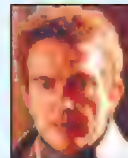
She added: "You know the signs that homeless people hold in California. 'Will work for food'? Mine could be 'Food prostitution!'"



DOWN 'N' DIRTY: Phina tussles with Scott, below, to win the Celebrity Chest challenge





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	6.00 Breakfast (W) (S) 69296613 9.15 Animal 24/7 (W) (S) 3150483 10.00 Homes Under The Hammer Stoke-on-Trent. (S) Followed by BBC News, Weather. 13358 11.00 To Buy Or Not To Buy Sarah Walker presents. (W) (S) 3648 11.30 Bargain Hunt Teams of Vikings compete. (W) (S) Followed by BBC News, (W) (S) Weather. 1608754 12.15 Cash In The Attic (W) (S) 7532919 1.00 BBC News , (W) (S) Weather 37938 1.30 Local News , (W) (S) Weather 22763777 1.40 Neighbours (AD) (S) 77105483 2.05 Doctors (W) (S) 84032071 2.35 Murder, She Wrote Angela Lansbury stars. (R) (S) 2758716 3.20 BBC News , (W) (S) Local News , Weather 3028358 3.25 CBBC: ChuckleVision (AD) (R) (W) (S) 1416667 3.40 Arthur (W) (S) 9228984 3.55 Krypto The Superdog (R) (W) (S) 5449445 4.05 Smart (R) (W) (S) 2555803 4.35 The Crust (R) (W) (S) 8095174 5.00 Blue Peter (W) (S) 6804377 5.25 Newsworld (W) (S) 7492254 5.35 Neighbours (AD) (S) 223532 6.00 BBC News , (W) (S) Weather 735 6.30 Local News Programmes , (W) (S) Weather 777	7.00 CBBC: Batfink (R) (W) (S) 5529358 7.15 WITCH (R) (W) (S) 2085396 7.40 Fergus McPhail (R) (S) 4197071 8.05 Serious Desert (R) (W) (S) 5009667 8.30 CBeebies: The Koala Brothers (W) (S) 1401990 8.40 Underground Ernie (R) (W) (S) 1593280 8.55 Brum (R) (W) (S) 1420025 9.05 Balamory (AD) (R) (W) (S) Followed by Pingu. (R) 3832803 9.30 Doodle Do (R) (W) (S) 6801919 9.50 Step Inside (R) (W) (S) 7951700 10.00 Barnaby Rook (R) (W) (S) 6120377 10.15 Our Planet (R) (S) 6030700 10.30 What The Ancients Did For Us (AD) (R) (W) (S) 82532 11.30 The Daily Politics (S) 82342 1.00 Lifeline (R) (W) (S) 65014071 1.10 Small Town Gardens (W) (S) 11653396 1.30 Working Lunch (S) 37803 2.00 Coast (W) (S) 16115342 2.15 Sun, Sea And Bargain Spotting (R) (W) (S) 891551 3.15 Castle In The Country Inverary Castle. (W) (S) 382613 3.45 Flog It! (W) (S) 1730445 4.30 Ready, Steady, Cook With Phil Vickery. (W) (S) 6602087 5.15 Weakest Link With Anne Robinson. (W) (S) 3590209 6.00 Sudo-Q Quiz show. (W) (S) 377 6.30 Strictly Come Dancing - It Takes Two (W) (S) 629	6.00 Cubeez (R,S) 6127483 6.10 The Hoobs (AD) (R,S) 3190984 6.35 The Hoobs (AD) (R) (SL) (S) 3223071 7.00 Freshly Squeezed 21377 7.30 Friends (AD) (R,S) 37984 8.00 Everybody Loves Raymond American comedy. (R,S) 21754 8.30 Will & Grace (R,S) 20025 9.00 Frasier (R,S) 11377 9.30 The Underdogs (S) Followed by 3 Minute Wonder. (R,S) 32025 10.30 Teen Tycoons A product designer nails his target market. (R,S) Followed by 3 Minute Wonder. (R,S) 58101 11.00 Hardeep Does A crusade against religion. (R) Followed by 3 Minute Wonder. (R,S) 6358 11.30 School Of Hard Knocks An aspiring boxer. (R,S) Followed by 3 Minute Wonder. (R,S) 7087 12.00 News At Noon (S) 28613 12.30 Headland (S) 3654822 1.25 Great British Brands The history of Bisto. (R,S) 65115754 1.40 FILM: In Love And War 2001 (PG) Premiere. Wartime drama, starring Callum Blue. (S) 12467990 3.30 Countdown (S) 3367174 4.15 Deal Or No Deal (S) 3377261 5.00 The New Paul O'Grady Show With Roberta Taylor. (S) 8358 6.00 The Simpsons (R,S) 445 6.30 Hollyoaks (S) 975	6.00 Milkshake! The Save-Ums! (R,S) 27452884 6.15 Rolie Polie Olie (R) 77857648 6.40 MechaNick (R,S) 75462464 6.50 Hi-5 (R) 42819731 7.20 Ebb And Flo (R) 2724667 7.25 Rupert Bear (R,S) 6510884 7.40 Make Way For Noddy (R,S) 4053209 8.00 Fifi And The Flowertots (R) 5971223 8.15 Pappa Pig 2940716 8.25 Thomas & Friends 7977808 8.40 Rookbar And Custard Too (R) 4637025 8.50 Mio Mao 4633209 9.00 The Wright Stuff (S) 8842464 10.30 Trisha Goddard (S) 8011342 11.30 five news (S) 3875984 12.00 Home And Away Brad rescues Belle and Sally from the fire. (AD) (R) (SL) (S) 7776445 12.30 BrainTeaser 25929464 1.35 FILM: Where The Truth Lies 1999 (PG) A political campaign manager is accused of murdering her employer, but refuses to reveal sensitive information that might prove her innocence. Drama, starring Marlee Matlin. (S) 83696648 3.30 FILM: Columbo: Troubled Waters 1975 (PG) Columbo looks forward to a relaxing pleasure cruise. Drama mystery, starring Peter Falk (S) 6965087 5.30 five news (S) 2857280 6.00 Home And Away Drew attends Peter's memorial. 2854193 6.30 In The Grid 2845445	5.30 ITV News (S) 17808 6.00 GMTV (W) (S) 8647822 9.25 The Jeremy Kyle Show Talk show in which host Jeremy Kyle invites guests to air their differences. (W) (S) 6134754 10.30 This Morning (S) 92342 12.00 This Morning - I'm A Celebrity Special 20071 12.30 Loose Women Sherrie Hewson, Kaye Adams, Carol McGiffin and Jane McDonald are joined in the studio by singer Michael Bolton. (W) (S) 80174 1.30 ITV News (S) 31629 2.00 The Price Is Right Joe Pasquale hosts. (W) (S) 7629 2.30 Dickinson's Real Deal Shopshire man Ivan Lewis tries to decide whether to accept dealer Clive Attrell's offer for his collection of crockery. (W) (S) 83025 3.28 Local Weather (S) 3045025 3.30 CITV: Pocoyo (W) (S) 5459822 3.35 Jim Jam & Sunny (S) 6518272 3.55 Tricky Quikies (W) 2550358 4.00 Horrid Henry (W) (S) 8694261 4.15 Bel's Boys (AD) (S) 8511984 4.30 Jungle Run (W) (S) 938 5.00 The Price Is Right (S) 1209 5.30 I'm A Celebrity... Get Me Out Of Here! - Exclusive The latest gossip. (W) (S) 990 6.00 Local News (S) 803 6.30 ITV News (S) 483
7 PM	 DIY SOS: Nick Knowles travels to Swindon to renovate a woman's lounge. 8.30pm 7.00 Open All Hours Arkwright attends a former customer's funeral. (R,S) 6377 7.30 Real Story With Fiona Bruce Wounded soldiers returning from Iraq talk about the treatment they receive on their arrival in Britain. (W) (S) 241	 TORCHWOOD: The team investigate a spate of deaths. 9pm 7.00 Coast Neil Oliver leads the team to Cornwall and discovers the network of communication cables under Porthcurno beach, while Mark Horton visits the archaeologically rich Isles of Scilly. (R) (W) (S) 3957	 HOW CLEAN IS YOUR HOUSE?: Kim Woodburn rescues another family in need of cleaning tips. 8pm 7.00 Channel 4 News Including sport and weather. (S) 858349 7.55 3 Minute Wonder: Best Of Fourdocs Portrait of a girl in a country field. (S) 595822	 ASBO TEEN TO BEAUTY QUEEN: Michelle Fryatt is unimpressed with some of the girls. 8pm 7.00 five news (S) 2138629 7.15 Game Ranger Diaries The park hosts the annual SafariCon marathon, with the rangers working hard to ensure the safety of both the runners and the animals. (S) Followed by five news update. 6675464	 CORONATION STREET: Danny is horrified when he learns Frankie and Jamie's secret. 7.30pm 7.00 Emmerdale Pearl asks Len to give their relationship another try. (AD) (W) (S) 1445 7.30 Coronation Street Danny finally discovers Jamie and Frankie's secret and Michelle joins in the tense darts match in the Rovers. (AD) (W) (S) 667
8 PM	8.00 Traffic Cops Hampshire officers illustrate that issuing a ticket for a simple offence can often reveal more serious crimes. (W) (S) 5025 8.30 DIY SOS The team visit Swindon to help a woman renovate her lounge. (S) 4532	8.00 Oz And James's Big Wine Adventure New series. Oz Clarke attempts to teach Top Gear presenter James May how to appreciate wine, beginning with an examination of the produce of Bordeaux. (AD) (W) (S) 6087	8.00 How Clean Is Your House? Kim Woodburn and Aggie MacKenzie tackle a terraced house in need of cleaning. Last in series. (S) 8735 8.30 Your Money Or Your Wife With Cesarina Holm-Kander. Last in series. (S) 4342	8.00 Asbo Teen To Beauty Queen The would-be beauty queens pick a cause to support, but Michelle Fryatt is disappointed at the apathy of two of the girls. (S) Followed by five news at 9. 5038358	8.00 The Bill Linda Robson and Nicola Stapleton guest star as love rivals in a domestic incident that takes a sinister turn when a power cut throws the Sun Hill custody office into darkness. (AD) (W) (S) 2223
9 PM	9.00 The Brain Hospital New series following consultants at London's National Hospital for Neurology and Neurosurgery. Dr Stefan Brew races against time to treat a man who has suffered a brain haemorrhage. (W) (S) 8209 10.00 BBC News (W) (S) 51272 10.30 Local News , (W) (S) Weather 709667 10.35 The National Lottery Draws (W) (S) 708938 10.40 One Life A daughter struggling to deal with the with the changing relationship with her mother following the onset of Alzheimer's. (R) (S) 41984 11.35 FILM: Pleasantville 1998 (12) Fantasy, starring Tobey Maguire, Jeff Daniels, Joan Allen and William H Macy. (AD) (S) Followed by Weatherview. 495613	9.00 Torchwood The team's concern that the space-time rift is spreading prompts them to investigate a spate of gruesome deaths. (AD) (W) (S) 556071 9.50 Two Pints Of Lager And A Packet Of Crisps Jonny's efforts to learn to drive come to an abrupt halt. (AD) (R) (S) 433919 10.20 Look Around You Step-by-step experiments using advanced technology to study the behaviour of ghosts and test their reactions. (R) (S) 566006 10.30 Newsnight With Jeremy Paxman. (W) (S) 877822 11.20 This Life Milly has a chance to go to Paris with O'Donnell, and Jo tries to avoid Kelly. Miles and Egg receive a visit from the police. Jack Davenport stars. (R,S) 548193 12.05 This Life Miles makes a fool of himself at the office while campaigning against Anna in the tenancy vote. (R,S) 5782897 12.45 BBC News 24 2342014 2.00 BBC Learning Zone: Schools: Curriculum Bites: Science 11-14 (S) 96304 4.00 Curriculum Bites: Science 14-16 (S) 34439	9.00 Young@Heart Following a New England-based chorus group made up of pensioners with an average age of 80, who have gained sensational reviews and critical success for their renditions of popular songs by bands such as Outkast, the Clash and Radiohead. The documentary meets some of the performers, who refuse to spend their twilight years in retirement homes, and instead thrive on taking to the stage. (S) 16475990 11.15 Goldplated Cassidy is furious to discover the pact between John and Beth. Lauren is hostile toward everyone in rehab, and her misery is compounded when her mum delivers a statement. (S) 208193 12.20 Hollyoaks: In The City (S) 4400859 1.25 Goalissimo 4547694 2.25 World Cup Skiing 284859 4.10 Transworld Sport (R) (SL) (S) 5169007 5.05 3 Minute Wonder: Sons And Soldiers (R,S) 4725052 5.10 Countdown (R,S) 2430043	9.00 FILM: Snake Eyes 1998 (15) Corrupt cop Nicolas Cage investigates the fatal shooting of a US Defence Department bigwig whose bodyguard was an old friend - but soon finds himself out of his depth. Thriller from director Brian De Palma, utilising a host of clever techniques, but never quite managing to make the story plausible. Gary Sinise, John Heard and Carla Gugino also star. Including five news update. (AD) (S) 5031445 11.00 Shock Docs A distraught mother tries to find out why her babies died after losing three children, and the discovery of a woman's skeleton at the bottom of a lake sparks an investigation. (S) 5235938 12.00 PartyPoker Aussie Millions The latest heat from the Crown Casino in Melbourne, as the likes of Russell Davies, Marcel Luske and Phil Ivey play for a place in the next round. 5764878 12.55 NHL Ice Hockey 48221830 3.30 UEFA Cup Football (R) 8089743 5.00-6.00 Seniors Golf 4653269	9.00 I'm A Celebrity... Get Me Out Of Here! Ant and Dec present the celebrity survival challenge, as the famous faces continue their ordeal in the Australian jungle, struggling to complete the daily tasks and Bushtucker Trials. (W) (S) 9209 10.30 ITV News Including Local News and Weather. (S) 10648 11.00 Casino Royale: Royal World Premiere ITV Special Jenni Falconer joins stars of the film. (S) 804261 11.35 Entourage Drama decides to have surgery on his calves to boost his career. (S) 836445 12.05 The Mint Interactive gameshow in which celebrities drop in to chat and play along. (W) Followed by ITV News. 70806746 4.05 The Jeremy Kyle Show: Talk show in which host Jeremy Kyle invites guests to air their differences. (R) (SL) (S) 1092142 5.00 ITV Nightscreen 80507
10 PM	1.35 Sign Zone: Planet Earth (AD) (R) (SL) (W) (S) 8797743 2.35 Sign Zone: A Child Against All Odds (R) (SL) (W) (S) 7371304 3.35 Sign Zone: Digging Deep (AD) (R) (SL) (W) (S) 87240491 4.05-6.00 BBC News 24 (S) 234255				
11 PM					
12 midnight					

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN

ITV2

- 9.25 Coronation Street** Becky looks set to show her true colours after arguing with Kelly in the cafe. (AD) (R) (W) (S) 1607087
- 9.55 Emmerdale** (R) (S) 1624209
- 10.25 Montel Williams** (R) 2857822
- 11.10 Judge Judy** (R) (S) 3121700
- 12.30 Coronation Street** The Underworld gang plan a Christmas party. (AD) (R) (W) (S) 32445
- 1.00 Emmerdale** (R) (W) (S) 97358
- 1.30 The Jeremy Kyle Show** Talk show. (R) (W) (S) 5335984
- 2.35 The Jeremy Kyle Show** Talk show. (R) (W) (S) 1803377
- 3.40 Ricki Lake** (R) 7446532
- 4.30 Sally Jessy Raphael** US chat show. (R) 8052613
- 5.15 Airline** (R) (W) (S) 275984
- 5.45 Judge Judy** (R) (S) 3804613
- 7.00 The New Adventures Of Superman** A strong heatwave hits Metropolis in the middle of winter, causing the townspeople to believe the Man of Steel is responsible for the odd weather. (R) 67006
- 8.00 Nanny 911** The British experts come to the aid of an American couple. (W) 76754
- 9.00 Driving Mum And Dad Mad** Joanna Duncanson braves a shopping trip with five-year-old Rio, but finds it a challenge. (R) (SL) (W) 56990
- 10.00 Coronation Street** Danny finally discovers Jamie and Frankie's secret. (AD) (R) (W) (S) 18377
- 10.30 I'm A Celebrity... Get Me Out Of Here Now!** (W) 10957
- 11.00 I'm A Celebrity... Get Me Out Of Here: Live** Uninterrupted coverage. (W) 25551
- 1.00 Playdate: ITV Play** 1352675
- 4.00 Playdate: ITV Play** 14762

ITV3

- 5.40 ITV3 Nightscreen** 84330209
- 6.00 Survival** (R) 6645613
- 6.55 Peak Practice** (R) 8631342
- 7.55 Inside** (R) 9754445
- 8.55 Rockford Files** (R) 2399434
- 9.55 Outside Edge** (R) 8215754
- 10.30 Outside Edge** (R) 8691667
- 11.05 Agatha Christie's Poirot** Starring David Suchet. (R) 4158464
- 12.10 Rumpole Of The Bailey** Courtroom drama. (R) 2339377
- 1.20 Wycliffe** (R) 5936754
- 2.25 Inside** (R) 7515919
- 3.25 Goodnight Sweetheart** Time travelling comedy. (R) 2012342
- 4.00 The Rockford Files** An old friend asks Jim for help. (R) 8509377
- 5.05 Peak Practice** (R) 2221532
- 6.10 Goodnight Sweetheart** Gary must prevent a photograph of him in 1940 coming to light. (R) 5015342
- 6.50 Rumpole Of The Bailey** (R) Courtroom drama. 1953358
- 7.55 Bramwell** (R) 1860667
- 9.00 Heat Of The Sun** A Scotland Yard detective uncovers murder, arson and drug dealing when he is sent to Nairobi. (R) 34711754
- 11.10 Cracker** Tina finally breaks down under interrogation from Fitz, Bilborough and Penhaligon. She confesses she knows who Sean is, and that her sister will be his next target. (R) 1228822
- 12.20 The Bill** (R) (W) (S) 6252149
- 1.20 Forever Green** (R) 2423101
- 2.20 Peak Practice** (R) (S) 6625149
- 3.15-5 Teleshopping** (W) 9661656

ITV4

- 6.00 Miami Vice** (R) (S) 60024193
- 7.00 The Saint** (R) 58293667
- 8.00 Police, Camera, Action!** Motoring madness. (R) 7238367
- 8.30 LAPD: Life On The Beat** Following officers going about their daily duties. (R) 32732764
- 9.00 American Gothic** Newcomers make the mistake of trying to set up a protection racket in Trinity – and soon learn the consequences of meddling in the sinister Sheriff Buck's affairs. (R) 58282551
- 10.00 Vincent** The team are asked to look into the murder of a lottery winner, where the chief suspect is a man with a personality disorder. (R) (W) (S) 97908700
- 11.30 World Poker Tour** Six celebrities, including Drew Carey and Mimi Rogers, take part. 45121735
- 1.20 Millennium** (R) (S) 42416025
- 2.15 Miami Vice** (R) (S) 16854138
- 3.15 Millennium** (R) (S) 60006965
- 4.00 Teleshopping** 44791410



CORONATION STREET: ITV1, 7.30pm

MIKE WARD

WHAT'S HOT TO WATCH TODAY



THE waiting is over. **CORONATION STREET'S** Danny Baldwin is about to experience the most miserable night of his life (ITV1, 7.30pm). Yes, the Underworld staff v management darts match in the Rovers, the winners of which must cough up the full cost of the company's Christmas bash, is about to go horribly wrong, with Paul mulling an easy winning shot and Janice seizing her chance to snatch a famous victory for the underdog girls.

But that's not all that turns sour for Danny this evening. As he heads for the Rovers' exit, declaring: "I can't stand round here

with all this crowing," little does he know the shock that awaits him when he returns home. "Hope you ain't gone to kip, babe," he merrily cries out to Frankie, as he walks through the door, "because I've got something to cheer you up!" Unfortunately, Frankie is indeed already between the sheets – and, yep, she's got her stepson/lover Jamie keeping her warm. Danny opens the bedroom door and can't believe the sight that greets him. Temporarily lost for words, he turns and walks out again, numb with shock. By the time the lovers have thrown on clothes and stepped out

to face the music, Danny has regained the power of speech. "Tell me what that was," he mutters, "because it ain't what it looked like. It can't possibly be, can it...?"

ELSEWHERE, OZ AND JAMES'S BIG WINE **ADVENTURE** (BBC2, 8pm) sees Top Gear's James May heading off on a road trip through France with wine buff Oz Clarke, its aim being to educate the sceptical May about all things wine-related. He sets the tone nicely when he admits it's just the boozing that appeals, adding: "I don't give a pig's arse for the 'woody high notes'."

mike@mikeward.tv

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

****Don't miss it ****Good ***Average
**Time filler *Garbage!

WHERE THE TRUTH LIES (TVM, 1999) ******** Five 1.35-3.30pm. Courtroom thriller. Lawyer Regina King uncovers startling facts when she begins an investigation to clear the name of her dead client who has been accused of murdering a political candidate. Also starring Marlee Matlin and Phillip Lester.

IN LOVE AND WAR (TVM, 2001) ******** C4 1.40-3.30pm. Fact-based WW2 drama. Escaped British prisoner-of-war Callum Blue takes shelter in the home of an Italian couple and gradually finds himself falling in love with their daughter. Also starring Barbara Bobulova, Peter Bowles, Nick Reding and John Warnaby.

COLUMBO: TROUBLED WATERS (TVM, 1975) ******** Five 3.30-5.30pm. Thriller. Dishevelled detective Peter Falk is looking forward to enjoying a leisurely pleasure cruise but his voyage is disrupted by the presence of a killer among the other passengers. Also starring Robert Vaughn, Patrick Macnee and Dean Stockwell.

SNAKE EYES (1998) ******** Five 9.00-11.00pm. Thriller. Corrupt policeman Nicolas Cage ends up out of his depth when he investigates the fatal shooting of a senior US Defense Department official whose bodyguard was an old friend of his. Also starring Gary Sinise, John Heard and Carla Gugino.

PLEASANTVILLE (1998) ******** BBC1 11.35pm-1.35am. (c + b/w). Fantasy comedy-drama. Teenagers Tobey (Spiderman) Maguire and Reese Witherspoon are mysteriously transported into the black-and-white world of a 1950s television soap opera. Also starring Jeff Daniels, Joan Allen and J T Walsh.

REGIONAL VARIATIONS

BBC1 Variations WALES: 1.30-1.40 Local News; Weather 22763777 3.20-3.25 BBC News, Local News; Weather 3026358 5.30 Local News 777 7.00 Local News; Safari 6377 7.30-9.00 Coming Home: Rolf Harris 241 10.40 Frontline Iraq 947919 11.10 One Life 740984 12.05 Film: Pleasantville 996675 2.05-2.35 Sign Zone: A Week Of Dressing Dangerously 7267830

BBC2 Variations WALES: 11.30-1.00 Am pm 82342 7.00 Making It Big On eBay 4919 7.30-8.00 Johnny Kingdom - A Year On Exmoor 613

ITV1 Variations ITV1 ANGLIA: 3.28-3.30 Anglia Weather 3045025 6.00-6.30 Local News 803 ITV1 CENTRAL: 3.28-3.30 Local Weather 3045025 6.00-6.30 Local News 803 ITV1 MERIDIAN: 3.28-3.30 Meridian Weather 3045025 6.00-6.30 Local News 803 ITV1 CHANNEL: 3.25-3.30 Puffin's Plat(ice): Fun with Oscar Puffin and Harry the Hedgehog. 3045025 6.00 Local News/Weather 147629 6.15-6.30 What A Waste: The benefits of washable nappies. 966764 6.59-7.00 Local News 498241 ITV1 WEST: 3.28-3.30 ITV West Weather 3045025 6.00-6.30 Local News 803 ITV1 WALES: 3.28-3.30 ITV Wales Weather 3045025 6.00-6.30 Local News/Weather 803 11.00-11.35 Glee Time 804261 ITV1 WESTCOUNTRY: 3.28-3.30 Westcountry Weather 3045025 6.00-6.30 Local News 803

S4C As Channel 4 except: 9.00 Ysgolion Followed by School Of Hard Knocks. 72412384 11.30-12.00 Bitesize Cymraeg All-Iaith 74728193 12.30 Planned Plant Bach 67045822 1.15 3 Minute Wonder: Best Of Fourdocs 36482975 1.20 Your Money Or Your Wife 90484919 1.55 How Clean Is Your House? 49215887 2.25 Deal Or No Deal 51404483 3.10 Countdown 76310006 4.00-5.00 Planned Plant 74718716 6.30 Rownd A Rownd 13562464 7.00 Wedi 7 67598938 7.30 Newyddion 13568648 8.00 Pobol Y Cwm 58433754 8.25 Y Brides Fawr 9.00 04 Wal 74634700 9.30 Sioe Gelf 99967596 10.00 Ramsey's Kitchen Nightmares 36500667 11.00 How Clean Is Your House? 74719445 11.30 Goldplated 24633464 12.30 The River Cottage Treatment 89123946 1.30 Hollyoaks: In The City 84396304 2.30 Late Night Poker Masters 18014101 3.25 Extraordinary Breastfeeding 34591472 4.20 South American Championship Football 79949491

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PUZZLE

DAILY STAR

THE PAPER FOR WINNERS

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A	11	7	4	13	26	14	18		24	16	25	14	17
B	25		1		21		16		25		23		2
C													
D	14	17	1	1	11		2	16	8	13	26	23	16
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DIFFICULTY: 8/10 **TARGET:** 27 minutes
CLUE: Even criminal is up to meet.

YESTERDAY'S SOLUTION:

Across: Eddy, Conquest, Peasant, Issue, Ditch, Astray, Tabard, Enzyme, Drivel, Tithe, Adept (clue), Curtail, Landlady, Skid.

Down: Expedite, Fail, Draft, Burgeon, Gather, Vital, Outlaw, Placid, Quilt, Nature, Ecstasy, Thank, They, Jewelled.

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FULL SOLUTION: 0906 751 3121

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CHAT PUZZLES ON SALE NOW

STARQUEST

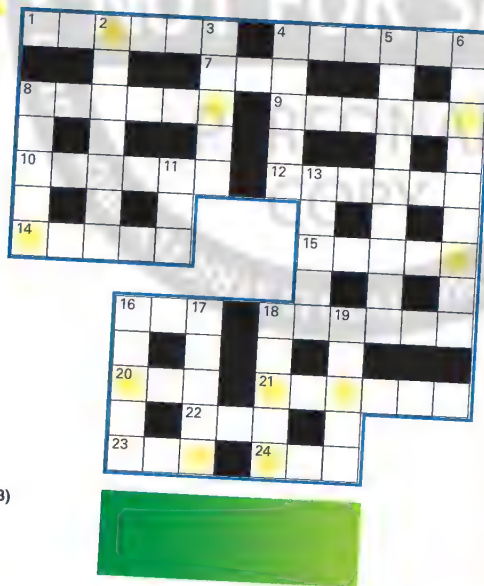
Solve the crossword in the usual way, then rearrange the shaded letters to spell out the name of a comedian (5,5)

ACROSS

- Occupant (6)
- Brussels ___, green vegetable (6)
- Noah's ship (3)
- Roadside channel (6)
- Imbue (6)
- Messy (6)
- Interfere, meddle (6)
- Rural bumpkin (5)
- Compare (5)
- Fire remains (3)
- Brief pang (6)
- Central part of a wheel (3)
- Sewing tool (6)
- Satchel (3)
- Beam of light (3)
- Ingest (3)

DOWN

- Group of broadcasting stations (7)
- Loiter (5)
- Woman's garment (5)
- Frank (9)
- Ability to endure (9)
- Effervescent (5)
- Joeey, Frank Sinatra film (3)
- Authorise (5)
- Find repugnant (5)
- Pastime (5)
- Colour slightly (5)
- Unskilful (5)



SUDOKU

1	2		9		7			
3	5		6		4			
6	1	3		7	9	8		
	4		5		6		2	
	8		9		2		3	
	2	4	3		1	9	7	
9								

Fill the grid so that every column, row, and 3x3 square includes all the digits from 1 to 9.
LEVEL: Gentle **TARGET:** 16 min

YESTERDAY'S SOLUTION

8	3	6	5	4	1	9	2	7
4	5	2	9	3	7	6	8	1
7	1	9	6	2	8	5	4	3
5	4	3	8	9	2	7	1	6
2	7	8	3	1	6	4	5	9
9	6	1	4	7	5	8	3	2
1	8	5	2	6	9	3	7	4
3	9	7	1	8	4	2	6	5
6	2	4	7	5	3	1	9	8

Extra clues: 0906 751 3123 Today's solution: 0906 751 3124

YESTERDAY'S SOLUTIONS

PATHFINDER

Michael Owen, Bobby Moore, David Seaman, Kevin Keegan, David Beckham, Bobby Charlton, Glenn Hoddle, Paul Ince, Alan Shearer, Gary Lineker, Peter Shilton.

WORD LADDER

PART, WART, WAIT, WAIN, LAIN, LOIN, JOIN.
GUMS, HUMS, HAMS, HAGS, LAGS, LAPS, LIPS.

ANSWERS IN TOMORROW'S DAILY STAR

TWO-WAY TEASER

Call 0906 751 3125 for today's solution. Calls cost 75p per minute from a BT landline

CRYPTIC CLUES

ACROSS

- Notes that don't take long to write? (7)
- Tackle I'd to give without bending (5)
- Simpleton you can get a drink out of (3)
- Individual Len upset in staff (9)
- Group has to in a brawl (3,2)
- He's not accepted amongst those playing away (7)
- Architectural feature in the paper? (6)
- A fellow has attack, full of fear (6)
- A hug gets me over a couple (7)
- Show-off's movement that has you in a spin! (5)
- How the PC will achieve slow advancement? (4,5)
- Rock for Margaret to throw over (3)

- Top mark such as this is high-class (5)
- Drunk when hit by custard? (3,4)

DOWN

- Mother's swallowing penny causing ailment (5)
- The Black Card is a place of entertainment (5-4)
- A bar to TV cat swallowing a professional (7)
- The vicar's address! (6)
- Twisted sort has in-built ring for perch (5)
- Drink can be a trap! (3)
- Instrument did outside with water added (7)
- Surprisingly this is how you get stuck in garden puzzle? (9)

- Each different enclosure is cut price (7)
- Soldier's duty creates tiredness (7)
- In pure analysis, company has to recover (6)
- A load of laundry almost sinking (5)
- Disabled boy has to hold me (5)
- Choose to get to work on time (3)

QUICK CLUES

ACROSS

- Notes taken at meeting (7)
- Stiff (5)
- Coffee beaker (3)
- Employees of an organisation (9)
- Begin to work (3,2)

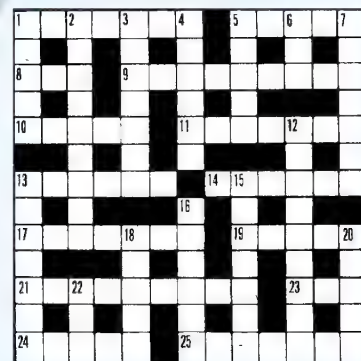
- A person who is rejected (7)
- Row of newspaper type (6)
- Frightened (6)
- Hug (7)
- Spin around (5)
- Make one's way steadily and laboriously (4,5)
- A precious stone (3)
- V-shaped nick (5)
- Drunk (3-4)

DOWN

- Childhood disease (5)
- Place for evening entertainment (5-4)
- Bar in pub (7)
- Religious address in church (6)
- Perch (5)
- A spirit (3)
- Watered down (7)
- Astonishingly (9)
- Degrade (7)
- Tiredness (7)
- To reimburse (6)
- Level with the waves (5)
- Crippled (5)
- Choose (3)

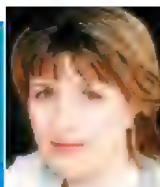
Two sets of clues but the answers are the same

ANSWERS TOMORROW



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Just Jane



**JANE O'GORMAN SOLVES
YOUR PROBLEMS TODAY
... AND EVERY DAY**

I'M NOT UP FOR TRICKS

MY boyfriend is sex on legs, but I think he's too hot for me. None of my previous boyfriends have ever complained, but my new guy - we've been together five months - says I need to get my act together if I want him to stay.

He's made me do things I would never have dreamed about with any of my exs, like mutual masturbation and bondage.

Now he wants one of his mates to join us in bed to spice things up and I don't want to.

He's asking me to do things I don't want to and things that embarrass me. But he says I'm old-fashioned and boring and if I say no one more time it will be the end of our relationship.

I love him and really don't want to lose him. What can I do?

JANE SAYS: You can tell this nasty guy that you have no intention of sharing your bed with anyone you don't want to and from now on if he doesn't back off he will be the one being dumped.

If he really loved you he would understand there are some things you don't want to do.

But he's pushed your boundaries and now you are doing sexual stuff that you don't like.

And for whose benefit? Not yours! It's all very well to experiment if you want to, but no-one should be forced into doing something they really don't want to try.

If he decides that the relationship is over breathe a sigh of relief and find a nice guy.

MY FELLA ROMPED WITH EX AT PARTY

BATHROOM SEX SHOCKER ENDS MARRIAGE PLAN

I TRULY believed my boyfriend and I would be together forever.

We got on so well and had planned a perfect future - but at our engagement party three months ago my best friend found him having sex with some other girl in the bathroom.

The someone else just happened to be his ex who had sneaked into my parents' house where the party was in full swing without me seeing her.

My friend opened the bathroom door and there they were over the sink.

Scream

My mate screamed and my mum came running up the stairs, pushed past my friend and dragged my boyfriend off this slag, passed him to my dad who thumped him and chucked him out.

My mum then slapped the girl and she ran off crying.

I was left in tears but all my friends and family were a fantastic support as I tried to rebuild my life.

They all said they weren't surprised as they'd never liked him or trusted him and I should forget him and get on with my life.

But I just can't. I love him and I can't stop loving him.

Now he's contacted me and wants us to get back together.

He says he was stupid and drunk and this girl had dared him to sneak her in.

He had no idea that she was

going to insist they have sex, and he would do anything to take back what he did.

I'm now torn because I really want to get back together with him, but I'm sure my friends and family won't let me, despite the fact that I'm 23.

JANE SAYS: If it was just a case of your friends and parents laying the law down about who you can and can't go out with, I'd say ignore them, it's your life.

But this guy cheated on you with his ex-partner at your engagement party in your parents' bathroom.

It's no good him making the excuse that he only let her in as a dare - what was he thinking of?

He was meant to be getting engaged to you, not sneaking his ex in.

He has now realised what he's lost and is desperate to get you back, but don't be so gullible.

He's just too immature to have a proper relationship with.

Despite you thinking you still love him, he has hurt and humiliated you on what was supposed to be a happy occasion.

Your friends and family are just trying to protect you from the hurt this guy will cause you if you get back together.

They care about you and aren't blinded by love to this guy's faults like you are.

If this isn't the reply you want, by all means go back with him, but you will only be letting yourself in for a load of pain and heartache.



ALL WASHED UP: Fiancé romped with his ex at engagement bash

LAZY GIRL RUINS XMAS

WHILE I'm slaving away at three jobs so we can have a great family Christmas, my girlfriend is swanning around having her nails and hair done.

She doesn't have a job and it's up to me to provide the extra we need to buy my three kids - who live with their mum - a fantastic present.

She also expects me to buy her what she wants, to put the food on the table for her mum, brother and his wife on Christmas Day and on Boxing Day to have enough food for my kids and to make the house nice.

When we met she had a well-paid job, but gave it up when she moved in.

What can I do?

JANE SAYS: Do you have MUG written in large letters across your forehead?

This woman is taking you for a ride and if you're not happy then you really need to have a talking with her now.

Tell her she has got to pull her weight or her family won't be welcome in your home at Christmas.

Your priority is providing for your children and everything else comes second.

Keep your money where she can't help herself to it and make sure she knows that if she wants her hair and nails done, to say nothing of new clothes, she'll have to provide them herself.

JANE'S ADVICE LINES

(Calls cost 75p per minute from a BT landline)

0906 751 3140

Find Your Soul Mate

0906 751 3141

Great Sex For Him

0906 751 3142

I Want Bigger Boobs

0906 751 3143

Sizzling Sex

0906 751 3144

Stop The Split

0906 751 3145

We Argue all the Time

0906 751 3146

My Sex Life is Boring

0906 751 3147

Confidence

0906 751 3148

Coping with a Break Up

0906 751 3149

Coping with jealousy

0906 751 3150

Fantastic Sex

0906 751 3151

Female orgasm

0906 751 3152

Finding the Perfect Partner

0906 751 3153

Great Sex For Her

0906 751 3154

I'm so lonely

0906 751 3155

Loving for the first time

0906 751 3156

Partner Affair

0906 751 3157

Having sex after baby

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

SHE WON'T LET ME DUMP HER

I DON'T want to go out with my girlfriend any more, but now she tells me she's spent a huge amount of money on my Christmas present and can't take it back.

I don't care what she's bought me, but I just feel guilty that she's spent her money.

I have been trying to end our relationship for months, but each time I tell her she's always got an excuse why we can't split - she thought she was pregnant the last time.

How can I get rid of her?

JANE SAYS: You have just got to be firm and don't be swayed by any of her reasons about why you can't break up.

Stop having sex with her and then she can't get pregnant. Tell her that it's no good, but you really don't want to go out with her any more.

Say you are sorry about the present, but it's not really your problem as you had already told her that your relationship was all but over.

HE'S SO COLD

Day three

1 A WHILE LATER...



2



3 ELLA MAKES ONE LAST EFFORT



4 A BIT LATER



CONTINUES TOMORROW

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Aries (Mar 21-Apr 20)

NOW that a major deal has been agreed, you can begin to broaden your horizons and survey other scenes. You may be surprised by what you find. There are a few details to mull over today. However, you cannot buy yourself any more time. Besides, everything will be sorted once you return from a trip. To see why you must take up an invitation, call...

To receive daily texts send DSARI to 85100

0906 751 5771 (01) *



Taurus (Apr 21-May 21)

THE sun changes signs today and you should experience fewer problems in partnership affairs. The accent now turns to matters related to your financial security. The fact that somebody once belonged to you is immaterial - you may even enjoy being back in the market. To find out how your life can be enriched, call...

To receive daily texts send DSTAU to 85100

0906 751 5771 (02) *



Gemini (May 22-June 22)

THE past few weeks have been a hard slog for you - but someone had to pay the bills. Now you can expect a lot more co-operation, though it may not be that obvious today. We are referring, of course, to a partner. At work, too, others seem keen to help. To see why today is when someone makes an admission, call...

To receive daily texts send DSGEM to 85100

0906 751 5771 (03) *



Cancer (June 23-July 23)

YOUR heart may have been captured more than once recently. Now you must accept that your role is about to alter from love slave. Elsewhere, you have enough work on your plate to keep you hard at it. Luckily, you ought to be bursting with energy today. At least change your daily routine. To see why you will be moving up in the world, call...

To receive daily texts send DSCAN to 85100

0906 751 5771 (04) *



Leo (July 24-Aug 23)

A CHANGE of residence or premises is still a distinct possibility - even if it is only to the next street. Meanwhile, the sun enters Sagittarius and it's your personal life that is happy. Don't worry if someone has given you the cold shoulder. It will take only five minutes to win someone over. To find out why your second love becomes your first love, call...

To receive daily texts send DSLEO to 85100

0906 751 5771 (05) *



Virgo (Aug 24-Sep 23)

YOU appear to have been on the move a lot recently. Now you might have to scurry back home and cancel a reservation. As for leaving somebody dangling, perhaps you will make it back this week. The family have given their blessing, even if you are needed elsewhere. To find out what the future really holds, call...

To receive daily texts send DSVIR to 85100

0906 751 5771 (06) *



Libra (Sep 24-Oct 23)

YOU may have to pay certain costs, but you should be surprised by what you retain. Instead of pursuing business interests, you might be better off going beyond your usual boundaries today. Failure to show up somewhere might have a negative affect. To see why a positive outcome is predicted, call...

To receive daily texts send DSLIB to 85100

0906 751 5771 (07) *



Scorpio (Oct 24-Nov 22)

IN truth, your recent actions may have spoken volumes. Let's just hope that others have taken heed. No one, however, was aware of what you were about to ask for. But have a heart - you don't have to shove it down their throats. In fact, you don't have to say a word today. To see why you must be more businesslike to succeed, call...

To receive daily texts send DSSCO to 85100

0906 751 5771 (08) *



Sagittarius (Nov 23-Dec 21)

MAYBE what's just happened was a fantasy - it's hard to tell. However, since the sun enters Sagittarius, you must be more forward looking. But don't worry. You're not alone. Everybody's life changes. The difference is, you are the one in charge and you must act with certainty today. To see why you will be first past the starting line, call...

To receive daily texts send DSSAG to 85100

0906 751 5771 (09) *



Capricorn (Dec 22-Jan 20)

BY nature, you are quite shy. However, you never mind socialising if it helps you get what you want. Go for it. No doubt you can prevail on one person again today. Perhaps you are not eager to make the same mistake. And who can blame you. Or are you just sick of going out? To see how your opinion will be changed, call...

To receive daily texts send DSCAP to 85100

0906 751 5771 (10) *



Aquarius (Jan 21-Feb 19)

NO longer are you a laughing stock. And thank goodness for that. In fact, you have already proved your greatness. Now you can take your pick. More to the point, the sun enters Sagittarius today. And you may have more than just the odd dalliance. This is special. To see why the social scene beckons, call...

To receive daily texts send DSAQU to 85100

0906 751 5771 (11) *



Pisces (Feb 20-Mar 20)

YOU may be the perfect travelling companion. Only you have covered enough ground recently, and still never found freedom. Now, however, your priorities will change. Even your career matters - and today marks a new era. If you are dispatched to another place, it's like driving to work. To see what you will be leaving behind, call...

To receive daily texts send DSPIS to 85100

0906 751 5771 (12) *

* When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the number in brackets next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a BT landline. Subscribe to receive Justin's daily texts for 50p per message per day; eg text DSARI to 85100. You will be sent one new message daily. This is a subscription service - it will cost you 50p per day until you text your star sign's code followed by STOP, eg DSARISTOP to 85100. For help call 0870 834 7549.

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It's the business

'The world has jerks. Some of them get to be bosses' - Jack Welch, ex-General Electric chairman

Movers & groovers

SOME of Britain's most famous pubs are changing hands in a £106million deal involving two historic firms.

WH Brakspear & Sons, founded in Henley, Oxfordshire, in 1779 and listed on the Plus Markets exchange, is being bought by privately-owned **JT Davies Group of Surrey**, which dates back to 1875.

Brakspear's 104 pubs include the Bull and Butcher in Turville, familiar to viewers as a backdrop of Vicar of Dibley and Midsomer Murders.

The new owners, led by chairman Mickey Davies, swooped after some of the 31 members of the Brakspear family, with a £33m stake, indicated they wanted to sell.

O2 boss Peter Erskine was in London yesterday to speak at an telecommunications conference. He screened promotional video footage produced 10 years ago by O2's predecessor Celine, which was then owned by BT.

It tried to predict what mobile phones would be like in 2016. It got video TV and satellite location technology right - but consumers of 2006 were holding flip phones the size of dictionaries.

RELIEF at last for people bothered by cold callers trying to sell mortgage payment protection insurance.

City watchdog the Financial Services Authority (FSA) bars cold calling for mortgage sales and has imposed its first ever fine for such behaviour.

Capital Mortgage Connections will have to pay £17,500 after the FSA found that 85% of CMC's customers had been by cold calling.

THE DEALER

FAIR SHARES

THE UK's mid-cap sector outperformed its bigger rivals yesterday as bid speculation swirled around the likes of **Forth Ports**, **JJB Sports** and leisure group **Whitbread**. The **FTSE 250** index climbed 26.3 points to 10752.2 while the **FTSE 100** Index was off 1.9 at 6202.6.

Nasdaq bid boosts LSE price

SHARES in the **London Stock Exchange** rose still further above **Nasdaq's** £2.7billion bid price amid hopes chief executive Clara Furze might recommend a higher offer.

The LSE picked up a further 10p to close at 1301p, valuing the company at more than

£2.9bn, and comfortably ahead of Nasdaq's 1243p-a-share offer price.

Shareholder hopes swung between a possible recommended deal of between 1300p to an optimistic 1500p a share.

But Nasdaq, which owns 28.75% of the LSE, has said its offer is final, although it added

it was prepared to revise terms, although not necessarily price, if a deal was recommended.

Analysts warned investors a "white knight" was highly unlikely to ride to the LSE's rescue, meaning shareholders could be left with only the Nasdaq offer to take.

HOT GOSSIP

SHARES in **Clapham House**, the restaurant chain behind **Gourmet Burger Kitchen** and **Bombay Bicycle Club**, eased 2.5p to 274p despite some dealers anticipating a bullish trading update with today's half-year figures. Earnings upgrades could be on the menu.

Branson's Sky rocket

by BILL MARTIN

SIR Richard Branson let fly at **Sky** yesterday after **ITV** rejected **NTL's** £4.7billion bid for the company.

NTL's biggest shareholder said he fully expected the move after **BSkyB** snaffled another 18% of ITV last week.

Sir Richard, who opened a new **Virgin** megastore in Manchester yesterday, said: "BSkyB claims its investment in ITV will have no impact on the company's future direction."

"It appears that this share purchase has already had a material influence on the company and damaged the plurality of the British media."

Earlier in the day **ITV** chairman Sir Peter Burt met Rupert Murdoch's son

Blast as ITV snub NTL's £4.7bn bid

James. The breakfast meeting is understood to have been "brief" and a matter of "courtesy" only at which NTL's bid was not discussed. But it underlines the influence **BSkyB**, headed by James Murdoch, has won as ITV's largest shareholder.

Crucial

The issue is crucial since Ofcom yesterday said it was seeking "submissions" from ITV and Sky to determine whether Sky's stake amounted to a change of control at the broadcaster.

ITV insiders stressed that the decision by Sir Peter and his board to reject NTL's bid was made on Monday night

and had nothing to do with BSkyB's stake.

NTL said it was "considering all its options" adding that Sky's stake provided it with undue influence which was "clearly not in the public interest".

Lord Puttnam, a friend of Branson who helped draft the Communications Act which triggered Ofcom's inquiry, said he believed Sky had broken competition rules.

"You cannot have your most significant competitor owning 20% of your business," he said. "It blows competition completely out of the water."

news@dailystar.co.uk



HIGH FLIERS: Branson and Nikki Sanderson at Virgin store opening

ENTERPRISE IS LEFT SCOT FREE

BRITAIN'S second biggest pub group **Enterprise Inns** has sold its entire Scottish estate to property magnate Robert Tchenguiz in a deal worth £115million.

But chief executive Ted Tuppen said the sale of the 137 pubs had nothing to do with the introduction of a smoking ban in Scotland. He said the pubs

by SUE FOSTER

had performed well, even though turnover dipped slightly.

"Scotland is different from the rest of the country," he said. "There is not the same culture of tenanted pubs, so it was difficult to find new tenants."

Enterprise, which has 7,809

pubs compared to rival **Punch's** 9,200, did not have enough pubs in Scotland to justify its existence there.

The company revealed the sale as it announced an 8.6% rise in pre-tax profits to £315m on revenues that rose from £952m to £970m for the year to September. The shares rose 5p to 1172p.

Argos ready to take on Tesco and Woolies

SHOPPERS will be the winners in the Christmas catalogue war between **Argos** and copycats **Tesco** and **Woolworths**.

The catalogue pile-up will see the arch-rivals slug it out over key Christmas gift lines such as electronics and toys.

Terry Duddy, boss of Argos parent company **Home Retail Group** which also owns **Homebase**, promised yesterday to offer the best deals on the High Street.

"We have always led on price," said Duddy. "We're as competitive as always - and we have always been competitive with Tesco."

Pre-tax profit at Argos surged by a fifth to £1.8billion in the six months to September 30. But that gain was wiped out by Homebase where sales are falling in the tough DIY market.

Homebase profits slid 22% to £40.8m on sales of £979.1m.

The 1.1million people eligible are those with savings in "with-profits" policies and are expected to receive several hundred pounds.

MORE than a million **Norwich Union** customers are in line for a payout as parent group **Aviva** looks to divvy up £4billion of "orphan" assets.

The surplus cash has accumulated in two of Aviva's long-term savings funds.

The 1.1million people eligible are those with savings in "with-profits" policies and are expected to receive several hundred pounds.

FTSE100 SHARE INDEX ▼ Down 1.90 points (-0.03%) at 6202.60

Company	Price	Change	High	Low	Company	Price	Change	High	Low	Company	Price	Change	High	Low	Company	Price	Change	High	Low				
3i Grp.	996	+6	1005	825	1470	Corus Group	505	+3	506	253	4630	Land Secs.	2251	+19	2273	1539	1035	Ryl Dutch Shell 'A'	1836	2043	1679	6690	
A.B. Food	887	-6	895	699	1082	Diageo	996	-5	1006	823	1029	Legal&Gen.	133	-	157	111	1036	SAB	1093	-7	1196	921	4718
Alliance & Life	1129	+5	1248	892	2232	Drax	707	-7	1073	538	-	Lib-Int	1411	-3	1422	958	7549	Sage Grp.	251	+1	263	204	6601
AMVESCAP	585	-7	637	388	1124	DSC Int.	219	+1	222	150	1020	Lloyds Tsb Grp.	357	+1	381	470	6395	Sainsbury(U)	408	+1	420	284	1050
Anglo	2433	-12	2549	1816	4949	Ent. Inns	1172	+5	1192	864	4713	Man Group	485	-3	491	295	7899	Scot.&Newcastle	547	-	570	474	1421
Antiplog	473	-3	530	330	3438	Experian	619	+19	624	559	-	Mark & Sp.	692	-2	707	445	1039	Scot.&Sth.Emry	1498	+52	1509	972	6027
Astrazeneca	3010	-21	3529	2574	1585	Friends Prov.	215	+4	218	166	7778	Marshall (Wm)	258	+1	275	173	1253	Severn Trent	780	+5	767	526	6028
BAC Sys.	416	+8	449	329	1010	GlaxoSmithKline	1355	-15	1577	1355	1024	Monrovia	723	-1	746	536	4443	Shire Pharm.	1043	-15	1058	700	5200
Barclays	705	-1	723	586	1004	Hannover	1499	+15	1517	955	2260	National Grid	723	-13	1961	1380	1254	Smith&Nephew	455	+3	571	400	1434
BHP Bill	965	-6	1211	853	2423	Hanson	732	-	746	594	1030	Nbs-Rock	1213	+8	1218	830	3555	Sovereign	1462	+15	1569	1004	4015
BP	585	+1	712	563	1011	HBOS	1079	-2	1104	867	3333	Next	189	-	205	147	2782	Stand.Chart.	919	+6	1052	831	1437
Br Airways	481	-2	485	305	6258	Home Retail Grp.	423	-2	433	399	-	Old Mutual	189	-	205	147	2782	Standard Life	298	-	293	228	-
Br. Amar. Tool	1461	-18	1510	1242	1003	HSBC Hlgs.	388	+1	1028	910	5562	Pearson	785	+5	810	546	1374	Tate & Lyle	790	-11	819	516	4655
Br. Land	1622	+18	1638	986	1128	ICap	478	-8	572	359	4476	Perseus	1415	+2	1442	1048	2738	Telecom	397	+4	405	303	1056
Br. Land & Bldg.	454	-3	536	371	7677	Imp. Chem.	387	-2	406	323	1032	Prudential	583	+8	743	510	7481	Unilever	1383	+3	1412	1125	5983
Br. Ramble Inds.	520	+9	530	360	1048	Int'l Power	364	+11	369	239	6025	Reckitt Benckiser	2318	+11	2330	1788	1848	Unid. Utilities	772	+3	775	626	4010
Brit. Eng. Grp.	489	+3	753	404	4514	ITV	1124	-2	126	84	2145	Reed Elsevier	567	-	607	503	1396	Veda	1282	+28	1740	681	3004
BSkyB	535	+2	573	478	3382	Johnson Math.	1452	-9	1510	1237	1280	Rio Tinto	2726	-6	3322	2240	6949	Smiths Group	919	+6	1052	831	1437
BT Group	283	+3	291	203	1012	Kazakhmys	1148	-7	1370	624	1357	Rolls-Royce	4500	-40	4500	378	6441	Stand.Chart.	1494	-18	1540	1193	4887
Cadbury-Sch.	539	-1	590	499	1016	Kellogg	944	+6	947	726	4018	Royal Bank Scot.	1884	-9	1933	1650	3219	Tesco	228	-	233	228	-
Cairn Energy	1890	+34	2208	1755	3643	Kentfisher	282	-4	273	215	5808	Royal&Sun All.	154	+1	155	110	7482	Telecom	397	+4	405	303	1056
Capita Group	582	+1	588	387	6263	Land Secs.	2251	+19	2273	1539	1035	Reckitt Benckiser	2318	+11	2330	1788	1848	Unilever	1383	+3	1412	1125	5983
Carmin	2654	+137	2923	2558	1818	Land Secs.	2251	+19	2273	1539	1035	Reed Elsevier	567	-	607	503	1396	Unid. Utilities	772	+3	775	626	4010
Centrica	347	+3	348	230	1818	Land Secs.	2251	+19	2273	1539	1035	Rio Tinto	2726	-6	3322	2240	6949	Veda	1282	+28	1740	681	3004
Compass Group	284	-2	288	200	7653	Land Secs.	2251	+19	2273	1539	1035	Rolls-Royce	4500	-40	4500	378	6441	Telecom	397	+4	405	303	1056

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